Simin Fang Expertise Statement

Three months ago, I would never imagine that one day I would fall in love with cooking and that I could be good at it.

“Your food is so good!” “You are so good at cooking!” “Can I have more pieces of your Chinese pancake?” These were what my roommates said every time when brought out the dishes I made. Their reactions made I believe, “yes, I’m good at cooking now.”

However, before this summer, back when I was in China, I never cooked successfully on my own, because I could always get cooked food anywhere. I tried to learn for a few times, but those little black overcooked potatoes and the half-cooked rice showed that I was not good at doing this. Then I gave up trying, thinking that I would never be able to learn to cook for the rest of my life. I was always worried that one day I might starve to death because I don’t know how to make food on my own.

Then this day arrived three months ago. I went abroad for the first time for the internship. Because they didn’t serve any main dishes during summer, I was forced to learn to cook. I had a weird excitement and nervousness when I started for the first time. I took all the materials I need to the kitchen. Then I cut all the vegetables and meat into good shape. Finally, I turned on the fire. The moment I turned it on, my dad’s voice came to my head, “pour the oil in the pan first.” So I poured some oil in the pan. I tried to recall some other things he said, but I failed. Looking at the boiling oil in the pan, I said to myself, “whatever, I can just do it in my way.” So I tried to calm myself down, and step by step, put all the materials in the pan following my common senses. It turned out to be a good dish. I was so happy with the result. Being inspired by this little success, I began to try and practice more and more new dishes. The results were not always good. I produced many failure experiments. Nevertheless, I did grow better and better through those experiments.

Now I’m much more experienced in cooking and I can make good food. Confidence helped me have the interests in cooking, while practice gave me more and more confidence in it.